

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



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Air Power

Quote of the Week

"Nothing will ever equal that moment of exhilaration which filled my whole being when I felt myself flying away from the earth. It was not mere pleasure; it was perfect bliss."

—Jacques Cesare Charles

Laughlin welcomes new wing commander

Compiled from staff reports



Photo by Tech. Sgt. Reginal Woodruff

Col. Rick Rosborg speaks for the first time as 47th Flying Training Wing commander during the wing's change-of-command ceremony Wednesday.

Col. Rick Rosborg assumed command of the 47th Flying Training Wing in a Wednesday ceremony here.

Maj. Gen. Steven R. Polk, 19th Air Force commander, who presided over the change of command, described Rosborg as a person who exudes excellence. Polk assured the audience, comprised of airmen, civil service workers and citizens of Del Rio, that under Rosborg's command Laughlin will continue to excel and foster the relationship that exists between the base and community.

Before coming to Laughlin, Rosborg served as Headquarters Air

See 'Change,' page 4

Airman pleads guilty at base court-martial

By Capt. Lucy Carrillo

Legal Office military justice chief

An airman basic assigned to the 47th Civil Engineer Squadron pleaded guilty to violating two articles of the Uniform Code of Military Justice in a July summary court-martial here.

The summary court officer sentenced him to 11 days confinement for violating Article 86, Absence Without Leave, and Article 92, Failing to Obey an Order. The airman basic went absent without leave for three days before turning himself in to security forces.

The airman got permission to leave work early on a Friday; however, he was given an order to work the following Saturday and Sunday, which he did not do. Additionally, he didn't show up to a previously scheduled appointment the next Monday morning. He didn't arrive back at Laughlin until late Monday night.

The airman was tried after his unit made numerous attempts at rehabilitation.

Air Force general nominated as Joint Chiefs of Staff chairman

WASHINGTON — Calling Air Force Gen. Richard B. Myers a man of "steady resolve and determined leadership," President George W. Bush tapped the Kansas native to be the next chairman of the Joint Chiefs of Staff during a news conference in Texas Aug. 24.

If confirmed by the Senate, Myers would succeed Army Gen. Henry H. Shelton as the top uniformed officer in the U.S. military and become the first Air Force officer to hold that post since Gen. David Jones (1978-1982). Bush also nominated Marine Corps Gen. Peter Pace, currently commander of U.S. Southern Command, to become vice chairman, replacing Myers, who has held that position since March 2000.

Bush, speaking before reporters at his ranch near Crawford, called Myers "the right man to preserve the best traditions of our armed forces, while challenging them to innovate to meet the threats of the future. His is a skilled and steady hand."

Those sentiments were echoed by Secretary of

See 'Nominee,' page 5



Commanders' Corner

Maj. Joseph Baca

47th Comptroller Flight commander

Balancing life key to happiness

What are your keys to success in life?

In a January 2001 article by Glenda Scheiner in the Air Force Comptroller, she wrote of Brian Dyson, former chief executive officer for Coca-Cola Enterprises, who described life as a game in which one constantly juggles five balls. These balls are work, family, health, friends and spirit/faith.

He claimed that work is the only rubber ball of the five; if you drop it, it will bounce back. However, the other four – family, health, friends, and spirit/faith – are made of glass; if you drop one of these it will be irrevocably scuffed, marked, nicked, damaged, or even shattered. Therefore, this successful corporate executive

encouraged a juggling act in which you strive to balance these five balls and, in doing so, balance your life.

Today's Air Force has become a lean, successful fighting force primarily because of the extraordinary efforts of its people.

As we downsized after the Cold War we spoke corporately of "doing less with less"; however, in reality we are doing "more with less."

There was no management slogan or "gee whiz" Quality Air Force program that caused this – hard-working people realized a job needed to be done and did it.

See 'Balance,' page 3

Top Three Talk



By Master Sgt. Jerauld Smith Jr.

47th Operations Support Squadron chief controller

Stay in Air Force to make a difference

I am from a military family out of Mason County, Ill. My father and many of my uncles served their country in the military.

All of them told me I had no future at home. They didn't want me to be a farmer or in a farm-related line of work due to the hours and uncertain future of the industry.

At the age of 17, I lacked focus and didn't really know what I wanted to do with the rest of my life. At one time I decided to be a diesel engine mechanic but realized it was not the career path I wanted out of life.

One day after high school graduation practice, I drove 45 miles to the nearest military recruiting office and enlisted in the Air Force. I am not really sure what made me decide to make the drive that day, and at the time I didn't put much thought into it. I did know that the national unemployment rate was at an all-time high, and jobs with good pay and benefits were almost impossible for a 17-year-old high school graduate to obtain. I just

decided to do it; it seemed natural.

As a first-term airman I had a lot of frustrations and didn't always see the reasoning behind some of the decisions that were made by management. But my supervisor gave me advice that has stuck with me: "If you don't like the way things are, then stay in, get promoted, so you can be the one to make the changes."

In my Air Force career, I have learned that every individual has something they are really good at. Your job as a supervisor is to focus those strengths into productivity.

I also learned that not all people are meant to be in the military. Sometimes we spend too much energy trying to "save" the marginal people and, by so doing, overwork and underappreciate the ones we really want to keep. At the level I'm currently at, I feel the most important aspect of my job is to help retain "quality airmen."

My goal is to stay in the Air

Force as long as I can remain a productive individual who is in touch with the needs of the people and the mission of the unit. When I start to lose focus and spend more time at the golf course and gym than at work, then it will be time to go.

My advice to first- and second-term airmen is to take the time to talk to the senior noncommissioned officers in your section. They can provide you a lot of insight into what it takes to achieve your goals.

Additionally, you should be willing to change. If you are the first one in your duty section to get up to speed on a new program, then you have made yourself stand out above the rest. You have become a leader.

I have been at Laughlin for 11 and a half years of my career. I consider Laughlin home and so does my family. It has become part of who we are. So, for all those people who have negative things to say about Laughlin, don't say it around me.

Border Eagle



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"Excellence – not our goal, but our standard."

– 47th FTW motto

Correction

The Aug. 24 issue of the Border Eagle stated that Lt. Col. Elizabeth Clark assumed command of the 47th Aeromedical Dental Squadron Aug. 13. She assumed command July 13.

Positive character traits lead to success

By Lt. Col. Larry Goodwin

12th Flying Training Wing Plans and Programs

RANDOLPH AIR FORCE BASE – We possess character traits that clearly define our actions. We work to foster those same positive traits in the people we deal with each day. We want our children to emulate good character traits. We want to be surrounded by people we can trust to make decisions according to sound principles.

Many of these traits are hidden in the oaths people recite upon joining the military. Our leaders knew those defending the nation should possess these traits and formulated the oaths based on them.

During the Revolutionary War, the Continental Congress established different oaths for enlisted and officers of the Continental Army. The first oath under the Constitution was approved in September 1789 and applied to all commissioned officers, noncommissioned officers and privates in the service of the United States.

"I will support and defend the Constitution of the United States against all enemies foreign and domestic ..."

The first sentence calls on us to exhibit the traits of trustworthiness and courage. The American people trust us to accept the challenges we're faced with to defend and protect the Constitution and all our country represents.

"We are not in the military for ourselves. We are here to serve. There is always someone to whom we report. It is our duty to ensure the lawful orders we receive are carried out."

Lt. Col. Larry Goodwin
12th Flying Training Wing
Plans and Programs

As military members, we also need the courage and mental and moral strength to press forward into whatever duty we're called.

"... that I will bear true faith and allegiance to the same ..."

The second trait we display is responsibility. We exhibit commitment and dedication in that responsibility. We should be proud to serve as responsible members of the flight, squadron, group, wing, Air Force, Department of Defense and national team.

We all depend on each other to get the job done. The principle of synergy – the whole is greater than the sum of the individual parts – applies here. As we work together to perform the mission, we accomplish more than any one indi-

vidual or organization can accomplish alone.

"... and that I will obey the orders of the president of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice" or "... that I take this obligation freely, with out any mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office upon which I am about to enter."

In these two phrases from the enlisted and officer oaths, we subscribe to the traits of respect, candor and unselfishness. We are not in the military for ourselves. We are here to serve. There is always someone to whom we report. It is our duty to ensure the lawful orders we receive are carried out.

We undertake the challenge to exhibit candor, being honest in what we say and how we act. Our profession of arms leaves no room for half-truths. Complete honesty in all we do must be absolute.

These are just a few of the many desirable character traits we need to emulate as members of the military. Continuously striving to develop these traits in ourselves and others will ensure continued prosperity, both personally and professionally.

Character counts. It is a vital ingredient in life's recipe for success.

(Courtesy of Air Force Print News)

'Balance,' from page 2

Our values, tenacity and pride wouldn't allow us to do "less with less." In fact, I have yet to meet anyone who wants to do a bad job or be known as a slacker.

The opposite is the norm in the Air Force and at Laughlin. The ma-

jority find themselves in a "use or lose" leave situation and will defy the odds to ensure success of the mission.

Take the same energy and pride you use to keep work successful and focus on keeping a balance in your life.

You can look around in today's society and find plenty of examples

of successful actors, singers and professionals who have sacrificed their family, health, friends, and relationships with God. Are these people happy? Could you deal with their trials and tribulations?

On the other hand, think of those people who have a balance in their life. They're able to make it through the tough times because of the

strength they gather from their family, health, friends, and faith.

Take the advice of Mr. Dyson to achieve balance in your life; it certainly didn't hurt his career. Even if you don't receive a pat on the back at work, the worst you can do is command the respect of your children, spouse, parents, and friends. Now that's success!

Actionline

298-5351

ough problems that haven't been saving your name and phone number, apply. It's also very useful in case more your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.



Col. Rick Rosborg
47 FTW commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Military Equal Opportunity	298-5400
Equal Employment Opportunity	298-5879
FWA hotline	298-4170

New commander takes reins of medical operations squadron

Compiled from staff reports

A new squadron commander recently joined Team XL.

Lt. Col. Kathryn Hall assumed command of the 47th Medical Operations Squadron Aug. 13.

47th Medical Operations Squadron

Hometown: Tampa, Fla.

Time in service: 19 years

Education: Master's in Nursing as a family practice nurse practitioner

Previous assignments: Tyndall Air Force Base, Fla.; Columbus AFB, Miss.; Maxwell AFB, Ala.; Homestead AFB, Fla.; Torrejon Air Force Base, Spain; Mather AFB, Calif.

Greatest feat: Completing an intensive full-time master's program while serving full time on active duty as the sole women's health specialist and OB/GYN clinic chief at Columbus AFB

Leadership philosophy: Leadership is a privilege. Everyone within a working team has invaluable inputs that can impact the final product. I believe in participative leadership with heightened interaction with all levels of workers within the team or unit. Positive feedback, encouragement and focus toward identified goals are a must for goal achievement. I truly believe team members must

nurture and support each other at all levels. You do not have to agree or even like each other, but through support and respect of every team member's contribution, we can all raise the level of the bar toward success. Attitude is 99.9 percent of every endeavor so we must

all support each other in keeping our attitudes positively focused toward mission goals.

Personal hero: My best friend since high school, Karen Provost, who models integrity in every action, teaches me to celebrate life, and who keeps me steadfastly focused on the goal

Favorite quote: "Obstacles are what you see when you take your eyes off the goal..." With continuous focus on the goals, anything can be accomplished.

Hobbies: Theatre arts, singing, sewing and aerobic exercise/weight training

Bad habit: Talking too much when I could learn so much more by listening



Hall

Newsline

Promotion ceremony set

An Enlisted Promotion Ceremony will be held at 4 p.m. today at Club Amistad.

For more information, call Master Sgt. Sandy Harper at 298-5068.

Commissary hours expand

The commissary will implement "Night Owl" hours from 7 to 9 p.m. Thursdays. During these expanded shopping hours, service will be limited to items available in the display cases.

For more information, call the commissary at 298-5875.

Commissary lot sale set

The commissary will hold a case lot sale from 9 a.m. to 6 p.m. Sept. 8 and from 10 a.m. to 5 p.m. Sept. 9.

For more information, call the commissary at 298-5875.

Parking tickets issued

The 47th Security Forces Squadron is issuing warning tickets to illegally parked cars until Sept. 14. Beginning Sept. 15, security forces will issue regular parking tickets.

Anyone who accumulates an excessive number of parking tickets within certain periods of time will be flagged and could possibly have his/her base driving privileges revoked. The prevalence of illegally parked cars on base has forced security forces to start enforcing parking regulations more strictly.

See Laughlin's supplement to Air Force Instruction 31-204 for base parking rules.

Entertainers needed

The Laughlin Heritage Celebration Committee needs DJs and entertainers to perform musical, dance or comedy acts at the Laughlin Heritage Celebration Sept. 21.

Interested groups should contact 1st Lt. Melissa Parent at 298-5053.

Some surrender licenses

Anyone getting a Texas driver's license must surrender his out-of-state license and show proof of insurance. Texas residents must also show Texas registration.

Registration is at the county courthouse.

For more information, call Christina Nowlin at 775-2367.

'Change,' from page 1

Education and Training Command director of staff at Randolph Air Force Base.

The colonel has served as an instructor pilot, squadron commander, group commander and vice wing commander throughout his 25-year career.

Rosborg holds a bachelor's degree in International Relations

from the U.S. Air Force Academy, and master's degrees from Troy State University and National Defense University.

His awards and decorations include the Legion of Merit, Defense Meritorious Service Medal, Meritorious Service Medal with four oak leaf clusters, Joint Service Commendation Medal, Air Force Commendation Medal, Air Force

Achievement Medal and the Combat Readiness Medal with one oak leaf cluster.

Rosborg is a command pilot with more than 3,000 hours in the T-37, T-38, F-4 and F-16 aircraft.

Rosborg succeeds Col. Jack Egginton, who has been reassigned to work as the executive officer for Gen. John Jumper, newly confirmed Air Force chief of staff.

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<http://www.af.mil/newspaper>

'Nominee,' from page 1

Defense Donald H. Rumsfeld and Secretary of the Air Force James Roche.

"I've had the great fortune to work closely with Dick Myers and with Gen. Hugh Shelton over these past few months," Rumsfeld said. "What I have come to know and expect of Gen. Myers is candor, deliberation, judgment, keen insights, fiber and good humor. His career is the embodiment of the transformation with which he will be charged as chairman of the Joint Chiefs of Staff. He is a leader."

Roche spoke confidently of the general's qualifications for the job at hand.

"I am extremely proud that President Bush has decided to nominate Gen. Richard Myers to be the next chairman of the Joint Chiefs of Staff," Roche said. "His long service to our country and extensive knowledge and broad range of experience of command in important geographic and regional assignments will ably serve the president and Secretary Rumsfeld as we proceed into a new era."

"The entire Air Force is proud to have one of our own nominated to this high position of trust and responsibility representing all our men and women in uniform," Roche said. "Should he be confirmed, I look forward to serving with him as we ensure our armed forces remain the best in the world."

Gen. Michael E. Ryan, Air Force chief of staff, said that Myers possesses all the right qualities to help the U.S. armed forces remain the very best in the world.

"I've known and worked with Gen. Dick Myers for over two decades... I'm both personally and professionally pleased to see his nomination as the next chairman of the

Joint Chiefs of Staff," Ryan said. "He is a man of great integrity, combat proven, with an extremely sharp mind. His operational command expertise circles the globe and spans into space. His experience reaches into the political realm as the assistant to the chairman working closely with the secretary of state."

"With all these credentials, he is still as down to earth as the Harley he drives, the sheep dogs he owns, or the TR6 (car) he has rebuilt," Ryan said. "He and Mary Jo are a couple who have given their lives to the service of our country. As the vice chairman he has earned the trust, respect and confidence of the administration, Congress and each of the services. If confirmed, I am confident he will make a superb chairman."

Myers is a 1965 graduate of Kansas State University and a veteran of the Vietnam War with more than 600 combat flying hours. He said he is ready to roll up his sleeves and get to work, building the kind of military envisioned by Bush — one that will meet "current obligations and threats."

"If confirmed," Myers said, "I very much look forward to remaining part of this terrific defense team, captained by a dedicated secretary of defense."

Myers joined the Air Force in June 1965 and has seen a variety of assignments, ranging from squadron and wing commander to inspector general. Before taking the position of vice chairman of the JCS, he served as commander in chief of the North American Aerospace Defense Command, and commander of U.S. Space Command at Peterson Air Force Base, Colo.

(Courtesy of Air Force Print News)



Photo by Tech. Sgt. Reginal Woodruff

Take that, dad

Kristen Egginton, daughter of Col. Jack Egginton, former 47th Flying Training Wing commander, sprays her father down after his final flight as wing commander Tuesday. Col. Egginton will now be executive officer for new Air Force chief of staff, Gen. John Jumper.

Italian pilot dies in Sheppard T-38 crash

SHEPPARD AIR FORCE BASE – An Italian student pilot died Aug. 24 when two Sheppard-based T-38 Talon jet trainers crashed near Crowell, about 50 miles west of Wichita Falls.

Second Lieutenant Marco Tosi, flying solo in one of the T-38s, died following the 4:17 p.m. crash that involved another T-38 being flown by fellow Italians, Capt. Marco Pojer, an instructor pilot, and 2nd Lt. Paolo Papi.

Pojer and Papi parachuted safely to the ground.

All three aviators were assigned to Sheppard as members of the Euro-NATO Joint Jet Pilot Training program and were flying a formation-training mission at the time of the crash. Sheppard trains pilots from 13 countries in the Euro-NATO program.

A board of officers is investigating the cause of the accident.

(Courtesy of AETC News Service)

Cause of trainee's death revealed in investigation

KEESLER AIR FORCE BASE, Miss. – A commander-directed investigation into the death of Airman Basic Darryll M. Logans has been completed.

Airman Basic Logans died June 14 at Lackland AFB during a Basic Military Training two-mile physical conditioning run that began before 6 a.m.

The investigation found the cause of death was an abnormal heart rhythm, called dysrhythmia, associated with a pre-existing enlarged heart, most likely due to the trainee's long-standing history of elevated blood pressure.

Medical authorities have classified AB Logans' death as natural due to diseased heart and not an accident.

"The tragic loss of Airman Logans has had a deep and lasting effect on his family, friends and flight mates," said Maj. Gen. John Regni, 2nd Air Force commander at Keesler Air Force Base, Miss. "AB Matthew Logans was 20 years old, athletic, motivated and performing satisfactorily during basic military training. He would have been an excellent airman in our Air Force. We extend our deepest sympathy to his family and all who knew Matthew."

Gen. Regni directed an investigation into the circumstances leading up to AB Logans' death. Col. Stephen Frye, from Maxwell AFB, Ala., led the investigation.

(Courtesy of Air Force Print News)

Homecoming

Senior Airman Anthony Abridello, 47th Security Forces Squadron entry controller, reunites with his wife, Mackenize, after a three-month deployment to Eskan Village in Saudi Arabia. Abridello and 13 other 47th SFS members were deployed to the desert in support of Operation Southern Watch, which began shortly after the Persian Gulf War ended. The operation's objective is to enforce the no-fly zone south of the 33rd parallel.



Photo by 2nd Lt. Justin Oldt

The *XLer*



Photo by Airman 1st Class Brad Pettit

Master Sgt. Reginald Henry

47th Aeromedical Dental Squadron
noncommissioned officer in charge of dental services

Hometown: New York City
Family: Wife, Sung Hui
Time at Laughlin: 1 year and 6 months
Time in service: 18 years and 2 months
Name one way to improve life at Laughlin: Everyone should be involved in professional organizations on and off base and in base functions. It is us who will make this place better.
Greatest accomplishment: Earning a bachelors of science degree in nursing and graduating first in my class
Hobbies: Learning Spanish or just learning in general, racquetball, weightlifting, billiards...
Bad habit: Not having a balanced diet
Favorite food: Any type of Caribbean curry dish
Favorite beverage: Heineken or Corona with lime
If you could spend one hour with any person, who would it be and why? My paternal grandfather; I never met him.

Where are they now?

Name: Lt. Col. John Good
Class/date of graduation from Laughlin: Class 87-08, September 25, 1987
Aircraft you now fly and base you are stationed at: F-117, Holloman Air Force Base, N.M.
Mission of your current aircraft? Strategic attack
What do you like most about your current aircraft? It is the absolute tip of the spear.
What do you dislike most about your current aircraft? Nothing – I love this aircraft and mission
What was the most important thing you learned at Laughlin besides learning to fly? I learned about my own limitations.
What is your most memorable experience from Laughlin? Flying solo in the T-37 and Christmas student departure
What advice would you give SUPT students at Laughlin? Flying is mostly mental – positive attitude is paramount; book knowledge is secondary but critical; chair flying is tertiary but essential.



(Air Force courtesy photo)

Caution in school zones urged

AUSTIN – More than 23 million students across the country make their journey to school on school buses every year, according to the National Highway Traffic Safety Administration.

The Texas Department of Transportation is reminding motorists to do their part in helping to increase safety around school zones by using extreme caution when approaching a loading or unloading school bus.

According to Texas law, a motorist can be cited for failure to yield to a school bus with flashing red lights, which indicates children are boarding or exiting the bus. This fine could cost between \$200 and \$1000.

To increase safety, TxDOT offers motorists the following tips:

- Slow down. Always obey the speed limit when traveling through neighborhoods and school zones.
- Be attentive. Watch for children

gathering near bus stops and walking in the street, especially where there are no sidewalks.

■ Remain alert. Hurried children may dart into the street without looking for traffic.

■ Flashing yellow lights indicate a school bus is preparing to stop to load or unload children. Motorists should be prepared to slow down and stop.

■ Flashing red lights or an extended “STOP” arm indicate children are loading or unloading a school bus. Motorists must stop.

■ Motorists traveling on roads separated by a median are not required to stop for school buses traveling on the opposite side of the road.

“By keeping these tips in mind, motorists will help make children’s ride to school safer by reducing the number of school bus-related injuries and fatalities each year,” said Carlos Lopez, TxDOT’s director of traffic



Photo by Airman 1st Class Brad Pettit

Staff Sgt. Steve Fleming, 47th Medical Group medical information noncommissioned officer in charge, gives son Stevie, 5, some fatherly advice about school at a base bus stop Thursday.

operations. “Keeping our school children safe is important and requires vigilance around school buses and

(Courtesy of the Texas Department of Transportation)

Labor Day brings end to '101 Critical Days Summer'

Labor Day brings an end to the "101 Critical Days of Summer." Last year, during the same time frame, Laughlin experienced three on-duty reportable mishaps and zero off-duty mishaps.

This year, however, "Team XL" has suffered only one off-duty mishap and zero on-duty mishaps. While this is an improvement from last year, remember we aren't out of the woods yet. We still have this weekend to end the summer period. The good thing is that there have not been any fatalities.

Although Labor Day brings an end to the traditional summer, everyone should still maintain a high level of safety awareness. Research indicates more people lose their lives during three-day weekends than during major holiday breaks.

For many of you, Labor Day weekend will be spent enjoying outdoor activities and traveling. Lake Amistad is a beautiful place to enjoy the holiday; however, there are significant hazards associated with water activities.

The water level continues to be low and has brought about numerous hazards, such as tree limbs protruding above the water line, making it very dangerous for skiing, jet skiing and boating. Going a "little bit" fast may be "too fast" for the conditions on the lake.

Boating under the influence of alcohol can be just as dangerous and costly as operating a vehicle under the influence. Use common sense and good judgment. Don't horseplay around, it could be costly.

In addition, remember most fatal accidents have the

following or a combination of the following things in common:

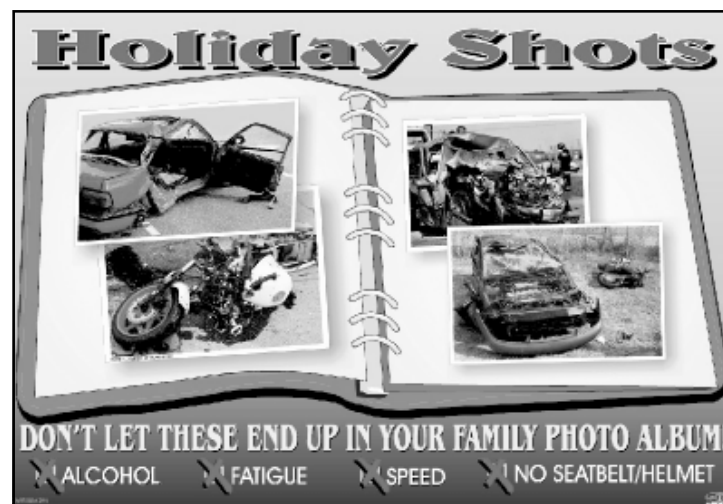
- Alcohol
- Fatigue
- Failure to wear seatbelts
- Attempting to travel too far in less than adequate time
- Failure to exercise good judgment and common sense

Keep in mind that on an average Friday or Saturday night, an increased number of drunken and impaired drivers are on the road. The most dangerous time to travel is between 9 p.m. and 3 a.m.; therefore, try to avoid these times when traveling.

And always make sure you and your passengers are wearing seatbelts and young children are properly restrained.

Be smart, and enjoy your Labor Day.

(Courtesy of the
Wing Safety staff)



**Thinking about
getting out?
Think again!**

Call Master
Sgt. Jimmie
Davis, 47th
Flying Training
Wing career
assistance
adviser at
298-5456.

Cholesterol – good, bad, ugly

By Maj. Nina Watson
*Health and Wellness Center
health promotion manager*

September is National Cholesterol Education Month. Most agree high blood cholesterol is a serious health problem that can lead to heart disease.

Heart disease is the number one killer of both men and women in the United States. According to the Centers for Disease Control and Prevention, more than 60 million Americans are affected, leading to nearly one half of all deaths and costing society billions of dollars every year.

So, what is cholesterol? How do you know when it's high? What can you do when it's high?

Cholesterol is made in the liver and used in the development of plasma membranes, steroid hormones and other specialized cells. Cholesterol also comes from the saturated fats in your diet.

The total cholesterol is a combination of high-density lipoproteins, low-density lipoproteins and triglycerides. LDL (also called bad cholesterol) and triglycerides (small fats) are the building blocks, while HDL (good cholesterol) balances the levels by collecting excessive LDL and triglycerides to return to the liver for disposal.

The good: When no risk factors are present, an overall cholesterol level of 200 mg/dL is considered

good. The desired levels are LDL less than 160, HDL greater than 35, and triglycerides less than 200. A well-balanced diet and exercise program will help maintain these levels.

The bad: Problems arise when there are excess LDL and triglycerides that are not used by the body and deposited in the blood vessels, narrowing them. Certain risk factors can contribute to high cholesterol levels and increase the risk of developing heart disease.

These risk factors are:

- Being a male 45 years or older
- Being a female 55 years or older
- Being a female under 55 years old with premature menopause and without estrogen replacement therapy
- Smoking
- Family history of early heart disease, high blood pressure, diabetes, or HDL less than 35 mg/dL.

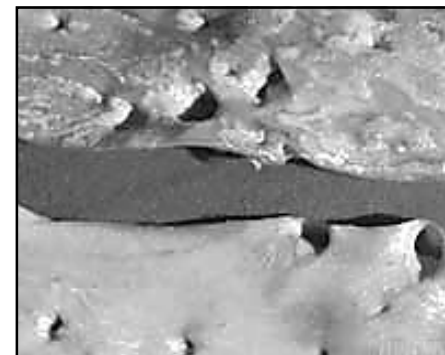
If you have two or more risk factors and no coronary heart disease or diabetes, the LDL level should be below 130 mg/dL

The ugly: If you have coronary heart disease (prior heart attack, angioplasty, or bypass surgery) or diabetes, the chance of dying from heart disease increases significantly. The desired LDL level is at or below 100 mg/dL and HDL greater than 45 mg/dL for men and greater than 55 mg/dL for women.

Treatment of high cholesterol will vary according to severity and other conditions such as diabetes. Limiting



The inner wall of the healthy artery (left) shows branches leading off from the main blood vessel. The smooth surface exhibits lack of cholesterol deposit.



(Courtesy photos)

There are two arteries in the right picture. The upper is from a 32-year-old high-fat eater, the lower from a 34-year-old low-fat eater.

cholesterol and fat intake in the diet, weight loss and regular exercise of at least 20 minutes three times a week help bring these levels back to normal.

Identify any other heart risks you can control. Limit alcohol intake. If you smoke, quit. Smoking lowers your HDL and increases your risk of heart attack, stroke and cancer. Control high blood pressure and diabetes through diet, exercise, medication (if ordered by your doctor) and regular monitoring.

Reduce the stress in your life and learn new ways to deal with stress. Sometimes lifestyle changes are not enough and cholesterol-lowering medication is required. There are several medications available; your physician will consider which is the most appropriate.

A blood test is required to deter-

mine cholesterol levels. There are no symptoms that tell if you have high cholesterol. It is important to ask your doctor what your cholesterol levels are and how often you need to have them checked. General recommendations are every five years, and more often if you have high cholesterol or heart disease. If you have diabetes, your cholesterol should be checked yearly.

If you have any questions, brochures and other information about cholesterol and ways to control it are available at the health and wellness enter, family practice clinic and Tricare.

For more information or to schedule an appointment with the dietary technician or exercise physiologist, call 298-6464.